

SPOTLIGHT ON... CONSENT

Key information for educators to support young people to understand what consent and sexual consent is

This session will explore what consent means and how it applies in relation to sexual consent. It's important that facilitators have a good understanding of consent and the law, including Sexual Offences Act 2003 and be mindful that discussions may be triggering for some young people.

What is sexual consent?

- Consent means that you have given permission, or that someone has given you permission to engage in any intimate activity for sex. Any sexual contact without consent is illegal regardless of the age of the people involved. In the UK, the age of consent for sexual activity is 16. It doesn't matter what gender or sexuality you are, if you're planning to do anything sexual then both of you must give consent.
- Consent is an essential part of healthy relationships and it's really important to know what it is and the many ways to spot it. Both you and the person you're with always need to consent before sex or any intimate activity.
- If you are asleep, unconscious (passed out) or so out of it that you can't make a decision for yourself then you cannot consent. Whatever anyone does to you while you are in this state is done without your permission and that makes it a crime.

Resources and Support/Signposting

- The Law on Sex— www.fpa.org.uk/factsheets/law-on-sex
- Sexual Assault— www.letstalkaboutit.nhs.uk/other-services/sexual-assault/
- Home Office Disrespect Nobody Campaign— www.disrespectnobody.co.uk (Information and support on Sexting, Relationship Abuse, Consent, Rape, Porn and Harassment)
- Young Persons Advice Guide— www.letstalkaboutit.nhs.uk/yp

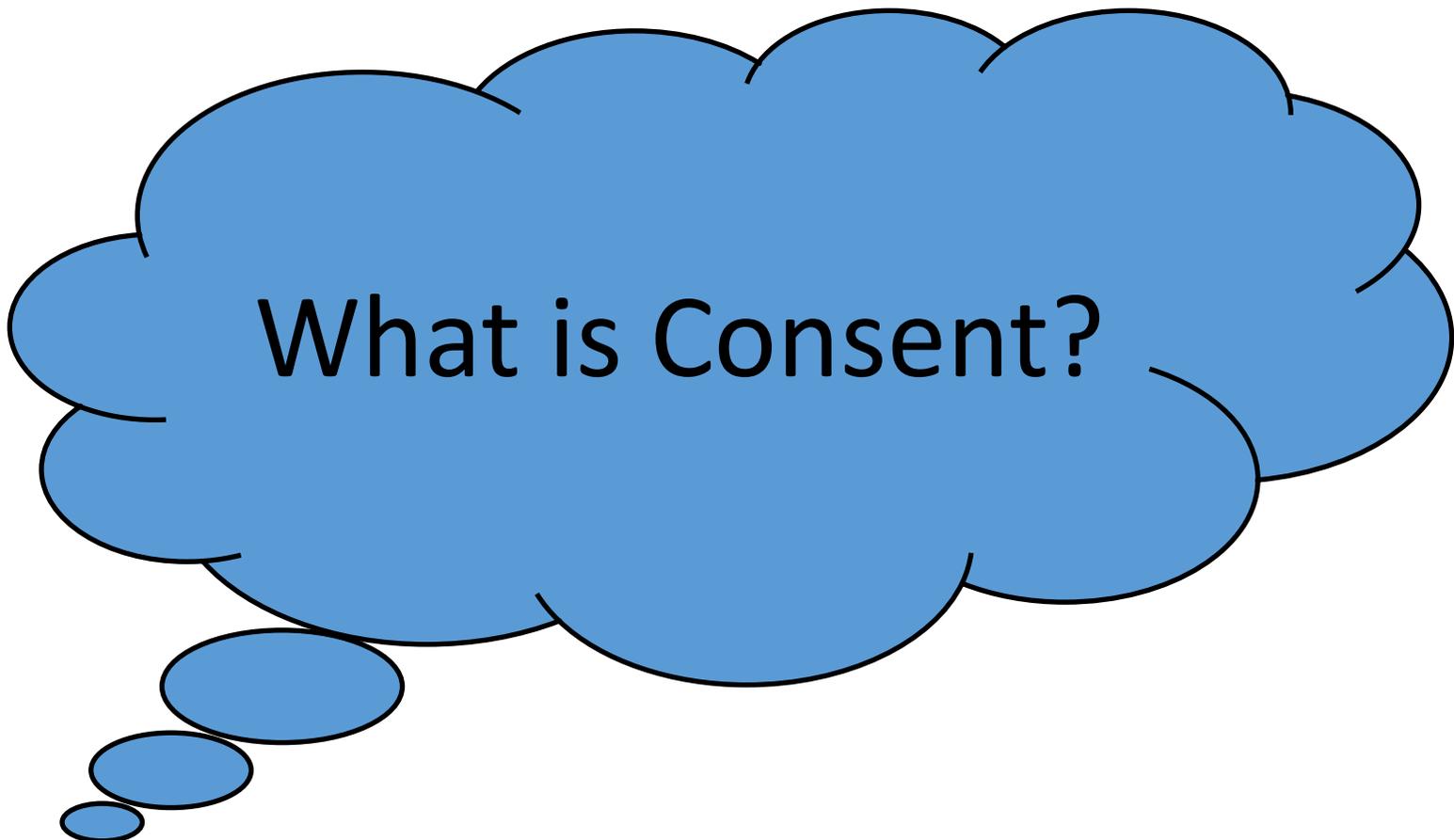
Activities (Both activities encourage similar discussion. One or both activities can be used)

Activity 1: What is consent and discussion

Activity 2: Consent wordsearch and discussion

The activities in this session encourage discussion of words and what they mean. Context is very important. Facilitators may find this [consent information leaflet](#) by the NHS helpful for guidance.

Activity 1: Write down ideas about what consent is and discuss answers



What is Consent?

Activity 1: Find all of the words from the list in this Word Search

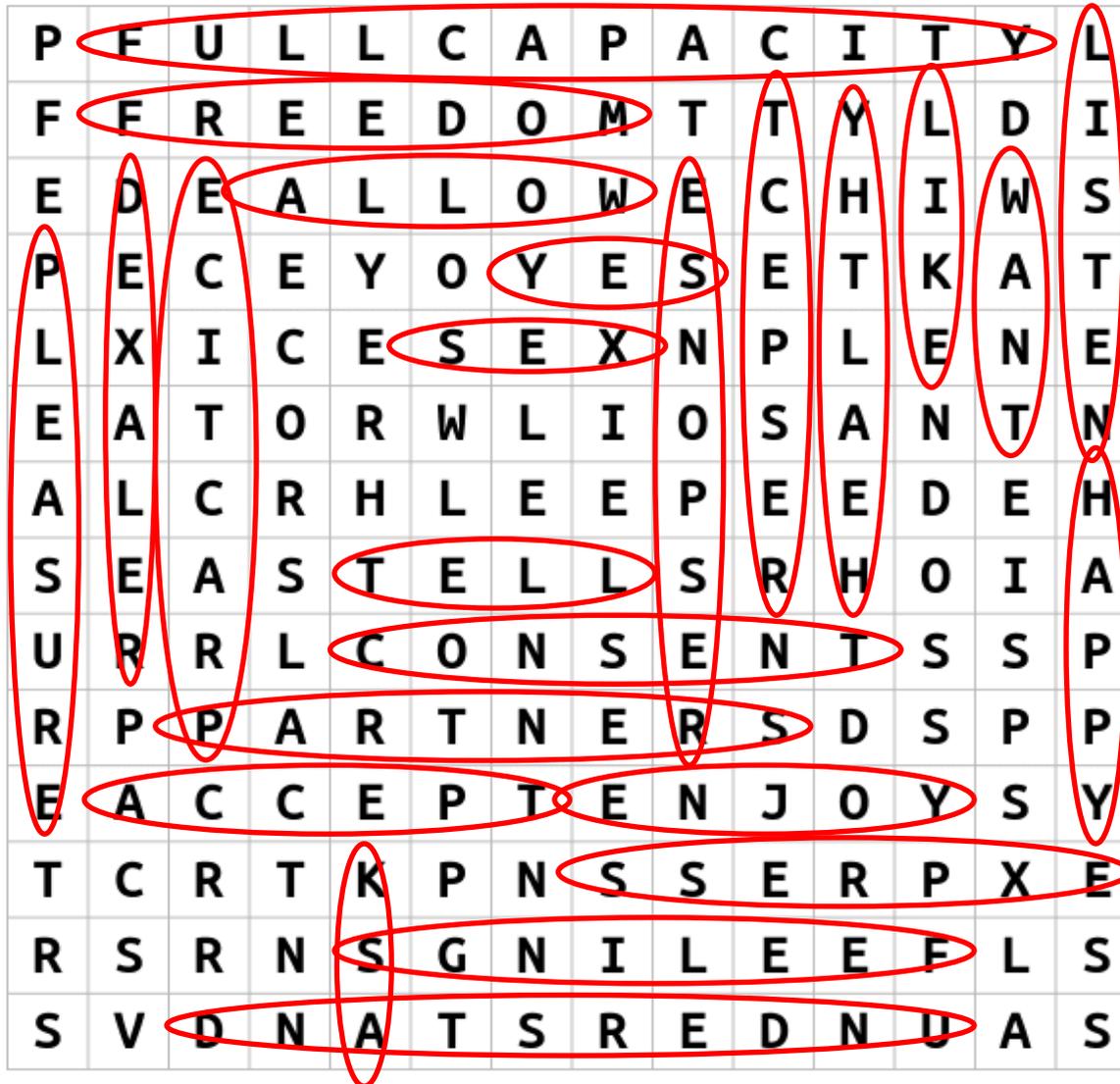
CONSENT

P	F	U	L	L	C	A	P	A	C	I	T	Y	L
F	F	R	E	E	D	O	M	T	T	Y	L	D	I
E	D	E	A	L	L	O	W	E	C	H	I	W	S
P	E	C	E	Y	O	Y	E	S	E	T	K	A	T
L	X	I	C	E	S	E	X	N	P	L	E	N	E
E	A	T	O	R	W	L	I	O	S	A	N	T	N
A	L	C	R	H	L	E	E	P	E	E	D	E	H
S	E	A	S	T	E	L	L	S	R	H	O	I	A
U	R	R	L	C	O	N	S	E	N	T	S	S	P
R	P	P	A	R	T	N	E	R	S	D	S	P	P
E	A	C	C	E	P	T	E	N	J	O	Y	S	Y
T	C	R	T	K	P	N	S	S	E	R	P	X	E
R	S	R	N	S	G	N	I	L	E	E	F	L	S
S	V	D	N	A	T	S	R	E	D	N	U	A	S

- ALLOW
- PRACTICE
- FULL CAPACITY
- EXPRESS
- UNDERSTAND
- LIKE
- HAPPY
- TELL
- RESPONSE
- WANT
- ACCEPT
- PARTNERS
- FREEDOM
- CONSENT
- FEELINGS
- SEX
- PLEASURE
- LISTEN
- RELAXED
- RESPECT
- ENJOY
- ASK
- YES
- HEALTHY

Activity 2: Word Search Answers

CONSENT



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What is consent discussion points - Facilitator Notes

Consent means giving permission for something to happen or agreeing to do something and being comfortable with that decision. If you are planning to do something whether it is sexual or not, all persons must give and get consent. Consent must be given with full capacity and freely without force, pressure or coercion. Consent can be withdrawn at any time and is specific, meaning that saying yes to one activity at one time does not mean agreeing to any other activities or the same activity at another time.

Consent can only be given if someone has full capacity, someone does not have capacity if:

- Lack of Understanding
- Under the influence of alcohol or drugs
- Unconscious e.g. passed out or asleep

- Consent must be given and received before engaging in any sexual activity, there are laws surrounding consent that protect everyone.
- Communication, both verbal and non verbal is very important when giving and getting consent.
- Giving consent - you can give or receive signs from your partner that might show consent at that moment, though remember consent needs to be sought every time you have sex and throughout.
- Practicing good consent involves checking in with yourself and thinking about your feelings, emotions and body, talking with your partner about relationships, pleasure, desire, sex and your body is healthy and the more you practice this the less awkward it will become.
- Checking and finding ways of expressing what you both want, like and enjoy, understand and listen, communication is key.

- **What consent could look like:**
Looking at one another, smiling and nodding, being enthusiastic and responsive, touching and kissing one another, responding positively to each others bodies, being happy and relaxed.
- **What consent could sound like:**
I like that, do that again, touch me here, that feels good, carry on that's good, yes!
- **Consent questions:**
What would you like? Would you like to do that again? Do you want to stop? How are you feeling? How would you like to try this? Would it be okay if I/we?

Consent Videos

- [Lets Talk about Consent in Relationships](#)
- [Tea and Consent](#)

Word search—Facilitator notes

Discuss the words in the word search and what they may mean in relation to consent and sexual activity. To engage conversation you could ask participants to nominate words and explain their understanding of the word. You could ask participants which words stand out the most and why, or which words they don't understand.

Spotlight...Consent

Consent Word Search Meanings

- Allow—give permission
- Full Capacity—have understand to decide what is best for oneself
- Express— show what you like
- Understand— acknowledge that you know choices
- Response—reply or react
- Accept—to receive freely
- Freedom— to have choices
- Respect—being thoughtful
- Healthy—fairness and equality, meeting your needs
- Yes— confirmation
- Ask- to enquire
- Enjoy— feeling pleasant and happy
- Relaxed— not feeling pressured
- Listen— to pay attention to your partner
- Pleasure— fulfilment and happiness
- Sex— intimate activities
- Feelings— acknowledging emotions
- Consent—permission giving and receiving
- Partners—someone to share experiences
- Want— to desire something
- Tell— having communication, being able to discuss
- Happy— feeling content and enjoying
- Practice— talking about consent before sexual activity
- Like— indicating how you are feeling

What is Consent?

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What is Consent in Sex?

Consent in sex is very important. It means that everyone involved in the sexual activity wants to be involved.

Even if someone hasn't said no, that doesn't mean you should assume that they want to have sex.

If someone has been drinking alcohol, or taking drugs, they may not be able to consent to sex.

If someone is asleep or unconscious, they cannot give consent.

Remember:

- **It's always best to ask.**
- **It's ok to change your mind.**

If someone had given consent, but during sexual activity has changed their mind, it's not okay to continue.

Where can I find support?

The Disrespect Nobody website provides advice, support and more information about consent, rape, abuse and the law.

www.disrespectnobody.co.uk